

Family Day – A Day to Eat Dinner With Your Children Ten Finalists Compiled Essays

Tanner Aasen
Grade 3
Mohall School

I like to have dinner with my family each day. We usually have something yummy. The only thing I do not like is when mom makes me eat all of my green beans. We usually start out with a prayer. Then we share stories about our day. A lot of times my grandma eats with us. And since my mom and dad work, my sister goes to daycare and I go to school, it's the only time we get to spend together. That's why I like to have dinner with my family each day, and even green beans taste good when you're with someone you love.

Tia Davis
Grade 4
Carrington Elementary School

I think eating with my family is important because you can talk about school and what is going on in the family. When parents are at work, kids are at school, and both have other activities going on in the day they don't have time to get together and talk. It is an enjoyable time and a relaxing time to get together and talk about any problems the kids may have, or any good things they want to tell about.

When we eat together we also say a prayer and that is the only time we pray together in the day, other than in church.

As kids get older they don't share as much of their thoughts and feelings as they do when they are younger. This is important, and mealtime is a good time to keep this going.

Even terrible cooking will taste good when you enjoy it with your family.

Megan Girodat
Grade 6
Milnor Public School

I think it is important to eat with your family because you get to talk about things that happened during the day. Most families don't spend a lot of time with each other. Sometimes a meal is the only time they spend together. People tend to get busy with other things like sports, friends or watching t.v. We don't often make time for the people we care about most. Another reason to eat together is you can take the opportunity to share old memories as well as create new memories. I think families that eat together can develop a better relationship with each other. If we all took time for each other, we would probably get along better and stay together. I spend as much time with my family as I can because you just don't know what can happen. Mealtime is a perfect time to share, laugh and enjoy each other's company. So take my advice and believe me when I say, eat with your family and spend at least that time together. You will love every minute of it. I know I do.

-MORE-

Carolyn Griffith
Grade 5
New Testament Baptist School, Larimore

What I like about eating dinner with my family is that I can talk with my mom and dad. When we get together and eat, we talk about what we did that day and have a good time. We are all glad when we see my dad walk in just in time for dinner. Sometimes he has to work a little later than usual. We have family devotions after dinner. That is a time when we can discuss and learn more about God and the Bible. One person who has a special part in making dinner a special time is my mom. She works very hard to make us a delicious dinner which makes it easier to have a pleasant time. Some others who help make dinner pleasant are my brothers. They help make dinner a humorous time. I think eating dinner with your family is important because it helps build relationships.

Erik Hobbs
Grade 6
Jim Hill Middle School, Minot

“Ding, ding.” The dinner bell says it’s time to eat. You may not know it, but you are probably making your family members lives a lot easier. You must be asking, “How am I doing that?” By communicating at dinner! If you communicate at mealtime you can know what is going on in your children’s lives at school, at home, and with their friends. Did you know that if you eat dinner together regularly there is less chance of the children doing drugs and drinking alcohol? Dinner is also a time to laugh, share experiences, plan events and solve problems such as ones at work and school. The family that eats together stays together!

Karly Ironshield
Grade 5
Central Middle School, Devils Lake

I eat dinner with my family because it is important to me to learn about my family. I learn lots from my siblings.

They ask questions and I answer. Sometimes it is right but sometimes it is wrong.

Eating together mostly gets you closer to each other. That is most important of all. When you get closer to each other it means you know more about yourself and your siblings and they know about you. If you don’t eat together you just watch tv and don’t learn anything about your family, but when you talk to people and you can’t remember what you were going to say, they think your lying but you just can’t remember because you know so much about them. When you sit down at a tasty meal it feels so good to be with your family. Now that I know eating with my family is important, I will always eat with my family. Eat with your family.

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Sean Lengenfelder
Grade 6
Apple Creek Elementary School

Family time is important in a family, mealtime especially. Mealtime is where families can sit down and talk about their day, problems, school and friends.

Mealtime is good for children, because it helps keep them away from drugs. It helps because the parents will listen to the children. A majority of children do drugs because they feel unappreciated, but when parents listen to them at mealtime it makes them feel appreciated.

Mealtime is beneficial to the parents also. They are able to find out about their child's problems, friends and day. They get to know their children.

In conclusion: mealtime is good for everyone in the family.

Lindsey Sand
Grade 6
Steele-Dawson Public School

I think that eating with your family means more than just talking and eating together. It means having a special time with your family. Some families don't get that special time but they should. It's very important to get to eat together because being with your family means getting to know what's going on in your everyday life. You should at least do things together. It doesn't have to be anything special just a prayer, a hug, holding hands, or even just saying I love you. My family prays. I know a family who prays then on amen they squeeze hands. It means the same thing as I love you. See it's not that hard you just have to give a little squeeze of love. All I'm saying is love your family, trust them, just give them a big hug, and take the time to let them know you love them.

Jon Pavlicek
Grade 6
Linton School

Dinner is a time for peace and quiet. Dinner is a special time. It's also a time when you can see your family. You can also talk to them. If you play sports you can tell them about a game. Also you can tell them about something funny that happened. Dinner is a time to ask for help, tell them about what happened in school.

Dinner is a time for bonding. Many times families are so busy that they don't get together until dinner. This is a time when families relax and share their thoughts and day. It's also a time when families can cook their favorite food together. Sometimes moms and dads cook their kids favorite food to show they love them. This makes dinner a special time.

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Alexandra Vecchia
Grade 4
Cathedral School

I think its nice to have dinner with my family because it gives us a chance to pray together, to thank God for all the wonderful gifts he's given us. Dinner with my family gives us a chance to talk with each other about our day. Some evenings are so busy we only get to see each other at dinner. I like knowing my family will listen to my stories and problems at dinner. It's important to have dinner with your family each night because it brings you together all over again and reminds you they will always be there for you.